

Choose water as a drink

Water is the best drink. It has no added sugar. Fruit juice, soft drink, sports drinks and cordials have a lot of sugar. Kids should not drink these every day. Tap water is the best choice. Most tap water contains fluoride which helps kids grow strong teeth.

HOW MUCH WATER SHOULD KIDS DRINK EACH DAY?

1-5 years



5 x 250ml glasses = 1.25 litres

6-12 years



6 x 250ml glasses = 1.5 litres

+
EXTRA WATER
IF YOU ARE
ACTIVE

HOW MUCH SUGAR IS IN DRINKS?

BEST CHOICE



No sugar

Water



No added sugar

Plain milk

LIMIT



100% fruit juice

Not every day,
limit to ½ cup
(125mL)

AVOID - HIGH IN SUGAR



Cordial



Energy drink



Fruit flavoured drink



Flavoured milk



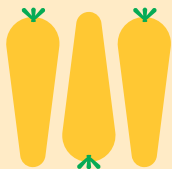
Sports drink



Soft drink

1 teaspoon = 4g sugar

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HEALTHYEATING
ACTIVE LIVING